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# HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &c.

VOL. X.—No. 237. FRIDAY, OCTOBER 21, 1887. PRICE TWOPENCE.
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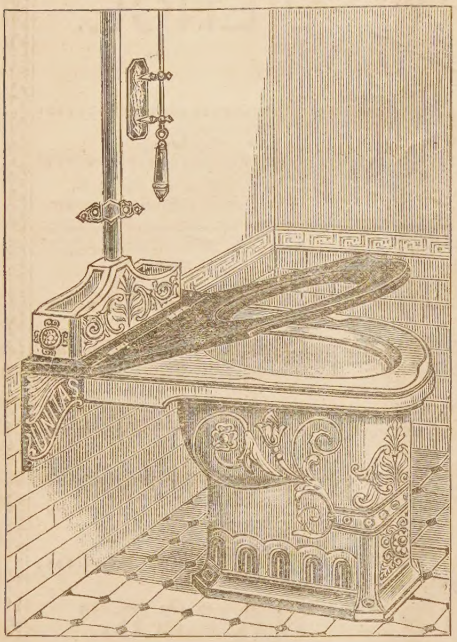

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# ◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, OCTOBER* 21, 1887.


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## Notes by the Way

BY THE EDITOR.

**"Health is the foundation of all our physical happiness."—*Herder.***

THE introductory lectures given at the various English Medical Schools show, for the present year, a large number of earnest and eloquent addresses. I note in particular one passage from the address given by Dr. J. Matthews Duncan to the students of the Yorkshire College at Leeds. Dr. Duncan's words are so apt that the general public will do well to ponder on the high ideal he forms of the medical profession.

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"THOUGH medical science is, in some respects, remote from medical practice," says Dr. Duncan, "yet you cannot be good practitioners without being learned in science. The more science applicable, the better the practice. The more science in the practitioner, whether that science is applicable or not, the better, *cæteris paribus*, is the practitioner. The mere practical man, often the subject of much silly praise, is either a mistake or he is a humbug.

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"BUT who is able to describe the great practitioner—such as you all should aim at being? Such a fine admixture of qualities and powers! educated, sympathetic, strong in intellect and will and body, subtle yet simple, adaptive. Subjectively, he may be characterized, like the good student whose life he continues, as filled with love of medicine, love of his patients, love of his professional brethren. One of our greatest medical philosophers gives up the attempt to describe such a man, and resorts to the comparison with a great artist; but this is mainly an evasion, for he does not give us the qualities of the great artist, nor does anyone else. We may at least say that anyone can learn to paint a landscape, but there have been few placed beside Claude and Turner. Many can do what is absolutely necessary, very few can do it in the very best manner. Though few can fully accomplish, all can attempt. Though few greatly succeed objectively, all may be highly meritorious subjectively. All may deserve the highest honour, though few may do the best work." These are the words of an earnest man, and they reflect all that is good and noble in the spirit and life of the medical man.

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RESPECTING the value of Forests (referred to in last week's "Notes") as curative agents in Consumption and other diseases of the Lungs and Throat, it may be interesting to remind our readers that this subject has been treated very fully by Mr. C. T. Kingzett in his work on "Nature's Hygiene," of which a third edition is now in course of preparation. Mr. Kingzett has shown that in all forests in which essential oils are volatilized—such, for instance, as pine forests, eucalyptus forests, and camphor forests—these essential oils contain a chemical principle in common with terpene; and that this terpene, undergoing oxidation by the oxygen of the atmosphere, forms a peculiar organic peroxide, which in its turn is decomposed by water, giving rise to the production of peroxide of hydrogen and certain camphoraceous substances.

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IT is to the presence of these substances in the atmosphere of such forests that their curative value is due; and only upon this well-established theory is to be explained the marvellous exemption of the continent of Australia from phthisis and infectious diseases generally. It is by an exact imitation of this natural process that the disinfectant known as "Sanitas" is manufactured, and by the volatilization of "Sanitas" Oil it is possible to produce in houses and bedrooms an atmosphere which has all the properties of the atmosphere surrounding eucalyptus and pine forests.

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A LADY correspondent addresses me on the subject of the proper age at which women should be allowed to enter the nursing profession. She speaks from a personal standpoint, having had, *nolens volens*, to countenance the entry into the noble and arduous profession of a


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nurse, her only child, a comparatively young girl, scarcely out of her teens. The subject is an important one from the double standpoint of nurse and candidate. Youth is a period when a profession is most readily embraced and acquired; but surely there should be a fixed limit to the age at which candidates for the nursing profession are received.

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A young girl, as a rule, cannot possess the physical strength and endurance which are demanded for the successful discharge of nursing duties. She must of necessity come in contact with many sights and scenes of a very repulsive kind, and such as require a more mature age for their philosophic consideration. I do not argue that women should be aged in any sense when they begin their career as nurses; but if what I hear be true, it seems that girls, with all the inexperience of youth, are admitted to share in the responsibilities of the grave and laborious work of nursing the sick.

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This is not as things should be. My correspondent instances the case of her daughter, who, "as soon as she entered the hospital, was placed in the women's medical ward under a head nurse (herself not long ago a school-girl), and was given the entire charge of a woman suffering from *delirium tremens*." That this is not the proper sphere of work for a young girl goes without saying. High ideals of duty will not alter the fact that there is much to shock and blunt the susceptibilities of young girls in hospital-work. Therefore, I feel bound to agree with my correspondent that women of a given age—say, not under thirty, for example—should alone be permitted to enter on the training-duties of a nurse. The years prior to this age might well be occupied in educational preparation for these duties.

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"A home in sickness" is a want which many thousands, resident in lodgings, bitterly experience. Even the well-to-do classes find it occasionally better, cheaper, and far more conducive to the welfare of patients and household alike, to reside in a nursing home during sickness, or for the purpose of undergoing operative treatment. The nursing, attendance, diet, administration of medicines, and the employment of surgical apparatus, are matters which can be attended to with infinitely greater precision in a well-regulated home than in the houses of patients.

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In this connection I am pleased to note that Miss Pollock (late head-sister at Guy's Hospital, and many years engaged in the practical work of nursing) has successfully opened a Private Home for Paying Patients, at 50, Weymouth Street, Portland Place, London, W. Of this home I am able to speak in the highest terms. The house itself is sanitarily perfect, every requirement for medical and surgical cases is provided, and invalid cookery is made the subject of special attention. Under Miss Pollock's immediate direction, a staff of experienced nurses is engaged, while patients make their own arrangements for medical or surgical attendance. Experienced nurses can also be obtained for private cases from Miss Pollock's Home.

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Special arrangements may be made, if circumstances permit, for the accommodation in the house of a patient's relative or friend. I feel assured that in making Miss Pollock's Home known to my readers, I am announcing the existence of what, in these latter days, has become a real boon to many persons anxious to recover health under medical care and accurate nursing, without disturbing the domestic arrangements of their family circles.

# Original Essays

"Life is not to live, but to be well."—*Martial.*

## A DOCTOR ON DRESS.

By Dr. Andrew Wilson.

*(Concluded from last week's number.)*

Dr. Jessop has by no means exhausted the category of ailments induced by tight-lacing when he mentions the grave facts detailed at the close of our last paper. In a most exhaustive account, he has drawn perhaps the most serious indictment against the abuse of "stays" which has yet been published; and it is well that every woman should read and ponder over the plain tale of disease and its production (in relation to tight-lacing) which Dr. Jessop has to tell.

In speaking, as detailed at the close of the previous paper, of the heart and its work in reference to dress, our author reminds us of the rapid growth attending this organ when the period of puberty—that transition-stage which marks the advent of manhood and womanhood respectively—has arrived. The heart then increases double in size in a year, when the changes of puberty are accomplished in that period. Between seven and fourteen years the increase in size is only 8 per cent. During puberty, the increase is from 80 to 100 per cent. If the development of the body which attends puberty is spread over two years, the normal growth of the heart is 50 per cent.; if over five years, 22 per cent. Practically, at puberty, a doubling of the size of the heart takes place.

Now, what is the very plain inference to be drawn from these facts? It can escape no one. If the chest is "cribb'd, cabin'd, and confin'd" by corsets or other means, it is clear the very point and centre of all circulatory movements, and of all bodily nutrition, must be very seriously and injuriously affected. Dr. Jessop himself says on this point, "the inference is that tight clothing for young people of both sexes at puberty is injurious, and that drill instructors should be cautioned to avoid prolonged forced work."

The liver is next noticed in relation to tight lacing. "Displacement of the liver," says our author, "upwards or downwards is according to the seat of constriction. Tight bands cause deep fissures in the liver both in men and women. The fissures penetrate deeply, leaving only a loose ligamentous connection, which allows a free motion of the separated portion. The serous covering is thickened, and of an opaque white; the biliary ducts are seen through the peritoneal coat, enlarged and full of brownish mucus, which cannot escape by the constriction. The veins are invariably enlarged. The tissue is firmer and finely granular as in obstruction from heart disease. The removal of hepatic parenchyma (or the 'packing-tissue' of the liver-substance) along the groove in tight-lacing widens the furrow and diminishes the functional value of the gland, which reacts upon the system at large. In this furrow a coil of intestine may

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lie, so that below in the right iliac region a round nodulated tumour may be felt. The symptoms of this constriction are slowly and insidiously developed; first, derangement of the gastric and intestinal digestion, anorexia, distension and tightness at the epigastrium, flatulence or borborygmi, alternate constipation and diarrhœa; sooner or later defective sanguification and nutrition. Such, in a few words, is the account given by Frerichs of the effects of tight-lacing. Women meet the difficulty by living as immortals on ambrosia and nectar. Gall-stones occur in the ratio of 3 to 2 in men, and are attributed to the sedentary habits of women over men, but possibly the increase may depend more upon local than general derangement, since the development of concretions is favoured by those changes which interfere with their excretion."

It appears also that there are certain anatomical markings which are characteristic—"diagnostic," to use the medical phrase—of tight-lacing in women. That is to say, given a surgeon conversant with the effects of constricting the chest and abdomen, and he may pronounce with certainty that a tight corset had been worn. Thus, movable kidneys are declared by Professor Manassëin to be more frequently met with in women who wear or have worn stays, than in those who have not so clad themselves.

Then comes that serious disease, chronic ulcer of the stomach. One authority says "it is not uncommon to find after death a groove on the stomach extending from the lesser curvature obliquely towards the greater curvature, marked by a distinct thickening of the serous membrane continuous with a similar groove on the liver. *The groove corresponds to the left ribs, and is caused by pressure through tight-lacing.* It was found in 32 to 36 per cent. in women over 40 years of age; in 7 per cent. in men. Ulcer of the stomach, according to this view, is a pressure necrosis" (or disease). "Nature," continues Dr. Jessop, "has provided sufficient room for the expansion of the spleen in the digestive process, but Art, curtailing its space, calls forth left-side pain and tenderness, probably due to abnormal pressure. The pelvic viscera suffer as much, if not more, than other organs," and in the terrible list of ailments which affect the female sex as characteristic and special diseases, there is scarcely one which does not owe either its origin or its continuance to causes connected with the alteration of organs and pressure induced by tight-lacing. The wearing of stays is also not the only fashion or mode in which such ailments are brought about. Dr. Jessop adds, "Whatever the evils of stays may be, the habit of tieing tight bands round the waist is vastly more dangerous, because it finally prevents any little movement among the pelvic viscera which might have escaped the stays. Bands, then, firmly tie down the lower ribs upon the liver, stomach, and spleen, and the gentle compression exerted by respiration on the viscera, situated within the pelvic bones, riding easily in their natural positions, is hindered. From this practice many evils may follow." In a word, all constriction of the natural body is dangerous, useless, and unæsthetic besides.

The subtle changes which affect the female constitution at puberty must be further, even if casually, attended to once again, because, as our author points out, the matter of dress has much concern with the healthy functional development of the frame. Impede the action of lungs and heart in the growing girl, and you first of all deteriorate the nutrition of the body through imperfect aeration and circulation of the blood; while, secondly, you interfere, through these constitutional effects, with the due and harmonious development of functions which are not only natural, but on the proper discharge of which the health of the woman and her future welfare and happiness depend.

I shall quote Dr. Jessop's words in relation to these latter points, altering or modifying the technical phraseology he employs only in so far as the requirements of lay readers are concerned. Thus, speaking of the weight of clothes, he says: "Weighty garments gathered round the hips interfere with the even rise and fall of the pelvic viscera (the organs lying within the haunch-cavity or pelvis) and depress the vital powers by increased muscular exertion; for every ounce of unnecessary weight when the body is expanding wrongly applied imperceptibly adds to this muscular exertion. Habits of inactivity are fostered, and mental disorders probably induced. Children before puberty run gaily about in short clothes, but at this time their motions are staid and slow, being tied, as it were, to the ground by the garments of womanhood." Suppression of natural functions "at puberty may arise from the sudden expansion and growth of the body incommensurate with a sufficiency of circulating fluid of proper quality to fill the vessels. The system is underfed. This want in the body is shown by the ravenous appetites of the young, and increased desire for rest or sleep. It is just the time, also, that the young are surrounded by the evils of tuition and dress. The intellect is excited, to the neglect of body culture, and vanity engendered by the growth of long hair and a woman's long clothes."

Other bodily changes show the effect of these dress evils on the system. Thus "the vocal cords and lungs are sympathetic in the feeble and squeaky tones emitted. There is want of vigour in the bronchial mucous membrane to repel the injurious effects of impure air; it is compelled, as it were, to accept any lowly organisms arriving, and capable of thriving upon an impoverished membrane, in place of being digested or blighted by inherent vitality, just as may be seen of lowly spores which thrive on a barren mountain rock. How far this practice has any effect in the production of the frequent flattened, non-rachitic form of contracted pelvis is questionable, since the etiology of this is not definitely settled, but it may be considered a factor, along with

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heavy burdens, incompletely developed rickets, and retarded development." In these words our author adds force to his previous indictment of dress-evils. The category is surely so hideously full and complete that nothing more need be said, by way of proof of the incalculable injury women may inflict upon themselves through the daily immolation of body before the Moloch of Fashion.

As regards remedies, and suggestions for a more rational treatment of the dress-question, our author has some remarks which will bear quotation. Dr. Jessop is not a reformer who startles the world by suggestions savouring of eccentricity. Contrariwise, his advice is all the more likely to be followed, or at least considered thoroughly, because it is so temperately given.

He would rectify the "unequal distribution of clothing" by taking "portions of the costume used by Amazons, Greeks, and Britons." By combining these, "woman will still present her warlike character under the guise of peace. Unknown to the outer world, many ladies, eschewing 'the wasp-like waists of the dames and demoiselles of the period,' in place of the creasy stuff used by the Greeks next the skin, adopt a merino vest, fitting round the neck, with short sleeves. The working classes, by retaining this garment at night, lose its protective day-value. If made to open two-thirds of its extent, it could easily be withdrawn. The sherte or camise used by both sexes among the Saxons is retained, combined with pantaloons confined by hose, in place of being stuffed into the shoes. Woollen knickerbockers, thick or thin, according to weather or climate, if required, could be attached to the tunic. Over the vest the Greeks wore a tunic; this covered the chest and body, and was used with or without sleeves. It answers to the waistcoat of Henry the Eighth's reign, and may be made of woollen material fitting round the neck, of barrel-shape. The side-seams should be cut slightly convex and sewn together, not concave and sewn together, as in the present stays. In the former case, rib-expansion is secured; in the latter, rib-compression. Over all, the British gown or dress, which, if made long to the heels, will not invite cobblers and hosiers to increased improvement in these articles of wear; but, if made short to the lower half of the calf, to avoid the dust of the road, would afford the hosier and shoemaker scope for their skill. Such a costume affords complete protection if suddenly intruded upon, overtaken by fire, shipwreck, or other disaster; there is nothing to encumber or interfere with preservation of life, whilst modesty is in no way outraged. If ladies who have not to work for their livelihood would take the trouble to instruct their poorer neighbours in these principles, much disease would be avoided and decorum better observed."

The peoples who have not adopted the dress of Europeans or Americans, we are reminded, retain the freedom of the ancients in respect of dress. Dr. Jessop is rightly severe on the often indecent exposure of the chest which modern society has of late countenanced. "An Indian female wears her robe to expose the right arm and shoulder, whilst two-thirds of the left lower limb are uncovered, and feet bare. The symmetry of figure is appreciable; the dress, in harmony with a certain exposure, is graceful and modest. The Japanese woman leaves only a V-shaped portion of her breast exposed; the dress descends to the heels, has a sash round the waist, and high-heeled shoes. The Chinese woman has wide trousers to the ankles, a tunic, with wide sleeves, to the middle of the calf, white stockings, and thick shoes. These three forms of dress leave the body unfettered and the limbs free. Of the three, the Chinese should be the most perfect. The Parisian fashion of accentuating, *more Romanorum*, that portion of the chest which should merge into the waist is not for the advantage of the *sex*, because it is 'a custom fertile in disease and death.' The back, shoulders, and arms, with half the bosom exposed, is nakedness without modesty. It is not beautiful, for the witchery of dress is absent. Duplicate hollows, prominences, and angularities detract from that assemblage of properties which attracts and pleases the eye, the impression of oneness is lost. The beauty of selected portions of the body is enhanced by contrast; the half-clothed Indian is picturesque; not the completely naked, except in the rare cases of perfect symmetry. The upper half of an old Indian man or woman is positively repulsive, yet the same half-clothed is not objectionable."

In closing our review of Dr. Jessop's admirable article, nothing need be said of its value as an exposition of the principles of physiological dress. It is only by warning the public of the dangers into which they are liable to fall in respect of dress-abuses, that hygienic science can truly perform its duty. Plenty of such warnings have of late years been given, but if Dr. Jessop's summary of dress-evils fails to arouse the attention of those who most obviously require his cautions, we may then assume that the infatuation of fashion has reached a stage, paralleled only by an insanity which is deaf to all rational teaching, and which scorns the wisdom that makes for happiness and length of days.

## CANNIBALISM FROM AN ECONOMIC POINT OF VIEW.

By Brigade-Surgeon W. Curran.

THIRD PAPER.

In a letter anent these matters, with which I have been favoured by Dr. Beddoe, of Bristol, that gentleman not only refers me to this passage, but he also intimates that "most people think that the long-headed neolithic folks of these islands were cannibals," and every classical scholar is acquainted with Jerome's charge against the Attacotti, a Galloway tribe near Glasgow. Here it is: "Cum ipse adolescentulus in Gallia viderim Attacottos, gentem Britannicam humanis vesci carnibus: et cum per silvas porcorum greges, et armentorum pecudumque reperiant, pastorum *nates* et fœminarum *papillas* solere abscindere, et has solas Ciborum delicias arbitrari,"* and whatever we may think of their taste, there can be no doubt that they "went for" the best parts—the tit-bits, in short—of their victims. What they did with the other parts of the body deponent saith not, but Jerome was scarcely a trustworthy witness, and his description of the situation seems to me to savour of prejudice or romance, rather than of personal observation or inquiry. However that be, I have, I think, shown that this custom prevailed largely, in ancient times, in our own midst, and now for that phase of it that concerns my own little sea-girt island.

On this point I can, I feel, trust to the learning and research of Prof. W. K. Sullivan, of Cork, with whose learned and exhaustive edition of O'Curry's Lectures some, at least, of my readers are, I hope, acquainted. If they are they must know that according to him (O'Curry)

* "I myself saw, as a boy in Gaul, the Attacotti, a British tribe, feed on human flesh. . . . . They regarded as delicacies the hinder parts of the shepherds, and the dugs, or breasts, of the females they seized in the woods," &c.

"there is no vestige of authority whatever as to the existence of cannibalism among the Gaedhills"; and as to the latter, here is what *he* says:—"I have read with considerable interest the extract you sent me from Mr. Fergusson's 'Rude Stone Monuments.' It is an astonishing production, and certainly gives me a different idea of his accuracy and scientific judgment from what I had formed. He surely cannot have read the books he refers to, or, if he did, he must have read them as some people read novels. The two authors who lived in the period between the Christian era and St. Patrick, who knew a good deal about Ireland—Ptolemy and Tacitus—do not say the Irish were cannibals. In fact, such writing is a disgrace to science. Diodorus, Strabo, and others were mere compilers, who got their information, like so many others, at secondhand, and who mix up the myths of the past with the fresh knowledge of the time (at which they write). Cannibalism may have been, and probably was, general among rude peoples in their primitive states, but a good deal that is written about it has no more credit than what is due to Herman Merivale's charming story of 'Typée'; and I have myself been gravely assured by Italians that the Croats, a naïve and harmless race, were cannibals, and ate roasted babies."

But whatever doubt there may be as to the prevalence of cannibalism in Ireland "in the days of eld," there can be none as to the frequency of it in that country in, comparatively speaking, modern times. Thus describing the condition of that island in 1601, Froude says that "Children were killed and eaten for food. In one place three wretched little creatures were found feeding on their dead mother." Lecky, O'Connell, and other modern writers, confirm this, and no one can read the writings of Hollinshed, Morrison and Spencer, &c., without being convinced or shocked by their descriptions. They write to the effect that the people of Munster "were not onlie driven—during or after the Desmond rebellion—to eat horses, dogs, and dead carrions, but also did devour the carcases of dead men. Nay, the natives near Smeerweeke took up the bodies of certain dead sailors, and most eagerly did eat and devour them."

Some of these wretches were so hard pressed that they "took down and did eat the body of a malefactor" who was executed in the county of Cork; others, that is to say some old women near Newry, used to light fires and inveigle children towards them for this purpose; and, worse still, some poor creatures, who had to creep on all fours—for their legs would not bear them—"did eat the dead carcases, happy when they could find them, and one another soon after." Nay, so straitened had their situation become, that "as the very carcases they spared not to scrape out of their graves," and we learn from Mr. Gilbert that the garrison of Carrickfergus had, under similar circumstances, "devoured the corpses of their Scotch prisoners who had died of starvation" amongst them (in 1316) some three hundred years previously.

Scotland would appear to have been equally favoured in this respect during, or as a consequence of, the ravages of the English army under Edward II., circiter annis 1341-2. Thus Tytler tells us that "Some unhappy wretches were driven (at this time) to such extremities of want and misery as to prey upon human flesh"; and he adds that a horrid being, vulgarly called Christi Cleek, from the iron hook with which he secured his victims, took up his abode in the mountains, and, assisted by a furious female with whom he lived, lay in ambush for the travellers who passed near his den, and methodically exercised the trade of a cannibal. A similar circumstance is, he adds, mentioned as late as the reign of James II., and Scott adds that this wretch "used to set traps for human beings as if for wild beasts."

We have already seen what St. Jerome has said about the Attacotti, and it is generally understood that the Duke of Rothesay, the son of Robert III. "had gnawed and torn his own flesh" ere he died in the Castle of Falkland. On the other hand, Lord Campbell tells us that "handbills were handed through the streets (of some Northern towns during the '45) which represented that tartaned Highlanders not only violated virgins, but ate young children for supper"; and we learn from Scott that cannibalism was imputed by the lower orders in this country to the Cavaliers under Charles I. Such is the force of association, credulity, prejudice, or superstition, and my object in thus harping on this string, or rather in piling on this kind of agony, will transpire as we advance.

But whatever may be the share of these several incentives in this indulgence, there is no doubt that famines and sieges, and in, of course, a much smaller degree, shipwrecks, are chiefly responsible for it, and they all teach the same lesson. They show, in a word, that life can be maintained just as well, if not quite so gingerly, on this food as it can on any other, and the avidity with which it is resorted to on these occasions seems to me to augur for it a very early, if not, indeed, the earliest use and origin. Be that, however, as it may, human flesh has been thus utilized from the earliest historic epoch of which we have now any cognizance, from China to Peru, and a few authentic illustrations in point must suffice us for proof of this statement here.

Thus "the poor ate carrion corpses and dogs" during a famine that occurred in Egypt in the 12th century before Christ, and there can scarcely be a doubt that during the late famine in Madras some children were cooked and eaten after this fashion. If Mr. Talboys Wheeler is to be believed, "there were Brahmins in the days of the Maha Bharata who were drinkers of blood and wine, and who ate human flesh. "There were also," he adds, "a number of Saniases (devotees) who celebrated their rites by eating the flesh of maidens"; and this belief in the efficacy of maidens' flesh is a very old as well as a very extensive one. Describing the great famine that decimated Bengal in 1770, Markham says that "some of the people subsisted on the dead carcases" of their friends or neighbours; and we know from Dr. Hunter that similar scenes occurred in Orissa long afterwards. He adds that 1,200 persons died daily in two of the principal cities of the North West in 1837.

Describing the famine that took place in Algeria in 1868 (?), the Paris correspondent of a Calcutta paper said, "We hear of men and women eating the dead bodies of their fellow creatures—of mothers murdering their children, cooking and eating part of their bodies, and putting the rest in salt—even of corpses being dug up from the grave to be devoured"; and, coming nearer home, we learn from Mitchell's descriptions of the horrors of our latest insular famine, "how maniac mothers (in Ireland) in the 'black '47,' stowed away their dead children to be devoured at midnight."

As to that land of mystery, or worse, China, about which so many tales and traditions are hawked about by those who either know nothing about it, or who will not take the trouble to learn, the stories of this kind one hears casually or otherwise about it are simply shocking. Here are one or two of them, and others of like import may be frequently found in the reports of the Catholic or other missionaries who reside in the interior of that vast and teeming country. Writing to the *Revue des deux Mondes*

some years ago, an eyewitness mentioned, *inter alia*, that "J'ai connu une païenne qui mangea son mari, son fils, et deux de ses filles, morts de faim, et qui, n'ayant plus rien à manger, succomba à son tour," and of a truth this "païenne" must have been a very nice person to go to bed with. But there is an old saying, "facilis est descensus Averni," and the heathen Chinee who can devour without any qualm cats, and dogs, and rats, and other vermin of that kind, need not be very squeamish as to the use he occasionally makes of one of his friends' or relatives' remains, and so we learn without much surprise that, *teste* the Catholic Bishop of Ilau, "the people contented themselves up to the present with eating those who had died, but now they kill the living in order to have them for food. Husbands eat their wives, parents eat their sons and daughters, and children eat their parents. These things," he calmly adds, "we hear of almost every day."

As to the sieges at which this flesh was used as "an article of food," their names are simply legion. "Fathers," we are told, "devoured the flesh of their own sons and their own daughters" during the Chaldean siege of Jerusalem in the year of the world 3224 (?), and Josephus records the case of a woman who "slew her son—during the siege of this city under Titus—and then roasted him and ate the one half of him, and kept the other half by her concealed." At the siege of Alesia, quod est oppidum Mandubiorum, "Critognatus, a leading citizen, recommended that those who could fight, and are useful, should eat those who could not fight"; and we know from Macaulay that a similar sentiment or suggestion was nearly fatal to a corpulent citizen of Derry in 1589. Monsieur A. de Reville mentions in the *Revue des deux Mondes* for November, 1867, an episode of this kind, which implies that one of those Jews under Bar Kosiba who were shut up in a cave by their enemies, actually fed on the flesh of his own dead father, "Quand," (says our author, and after an explanation we cannot find room for here) "la faim est apaisée, le pourvoyeur raconta où et comment, il a fait sa trouvaille, et le fils découvre qu'il vient de se rassasier du corps de son père," and—— but self-preservation is, we all know, the first law of nature.

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Out of twenty young men who competed for a West Point cadetship at Westfield, Mass., ten were rejected by the physician because they had "the tobacco heart," brought on by cigarette smoking. They were unfit for West Point service.

Infectious Diseases and Salt Junk.—Salted meat has drawbacks as an article of diet, but a recent research reported to the Académie des Sciences by M. F. Peugh would seem to show that it has one advantage, namely, that when well prepared it is quite free from infective germs. Salt pork made from pigs which had died of charbon was found to be quite free from infection. M. Peugh's observation, however, will not excuse the use of the meat of diseased animals for the manufacture of "salt junk," for he found that the infectiveness remained, unless the pickling was so thoroughly carried out as to affect every particle of the meat, and this cannot always be the case.

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# Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

## RANDOM THOUGHTS ON AUTUMN WEATHER AND CONSUMPTION.

The vacations are over, and most of the toilers of London are again in harness. The holiday has been a great benefit to most of us, but there are some who could only enjoy good health far away from the fog and smoke of London town. We speak of fog and smoke, meaning, of course, impure air. Sanitary science tells us that only a certain number of people should live on each acre of ground. That number is not very large. It also teaches us that when that number is exceeded there is a consequent loss of human life, and a further penalty in the loss of health. The question comes, how is this over-crowding to be helped? The answer would take us off into subjects in political economy, which it may be said dovetails with sanitary science. We hope that some day general education may be such that laws of hygiene will be strictly regarded by the State as well as individuals. To return to our subject. The fall, or autumn, weather is at hand, and so is the time for coughs and colds and lung affections.

We saw in the street the other day a young man of good weight and healthful appearance coughing and spitting blood. "Did you ever spit blood before?" "Never." "What do you think that means?" "My mother died of consumption, and it means that at present I am playing a losing game in life. I shall see to it." He went south the next day. The wisdom he possesses may not, however, save him, for the worry and wear of getting a living, with the numerous responsibilities that advancing years impose, may weigh the poor fellow down to the earth. Heredity, too, is a powerful factor in the affairs of men, and one that we should not count without. Other things being equal, he is most likely to live long whose parents were long-lived. And, incidentally, it may be noted that those with dark eyes seldom reach seventy, while the people with hazel eyes are the ones who may attain to fivescore years. An exception occurs to us where a woman with dark eyes lived to be 105 years old.

The physiognomy of the consumptive is characteristic, though varied, and those who have had much to do with consumptives will oft discover the disease while yet it is a great way off. Next to spring-time the fall of the year is the season when the germs of pulmonary diseases are laid. While one may not live beyond a certain age, he or she may die a great deal before that age through carelessness; and while, according to heredity, a certain disease may be due at a certain period of life, this disease may be postponed or parried off with care.

Recently, the Church Congress considered socialism and child-life in towns. Good! The sphere of religion is a broader one than it has yet filled, and men are learning that the prayers that are answered are those accompanied by intellectual enquiries into the causes and prevention of difficulties. Men are learning more and more that more of their destiny is in their own hands than many supposed, and still we are nevertheless like Æolian harps played upon by the winds of heaven. The Church is also becoming more of an educator of the masses. People are beginning to understand that the means of preventing epidemics, maintaining good health, prolonging life, and eradicating weakness (or sin) from

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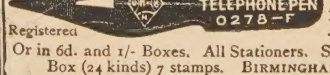


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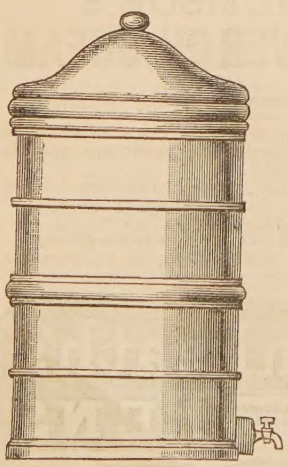

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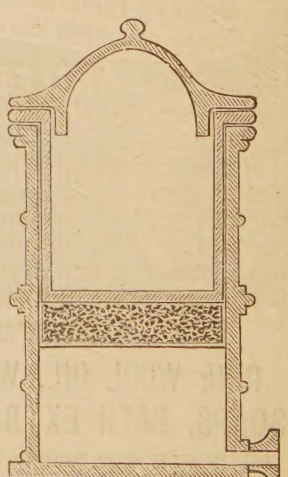

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the human family are outside of the pale of theology, and the Church seems accordingly disposed to interest itself in all that it considers may benefit morally the children of men. The prevention of puerperal fever (counted in the Litany as among the perils of childbirth) depends upon cleanliness, and it might almost be said—so does all disease.

An ounce of prevention is worth more than all the cod-liver oil in the world—good food, pure air, moderate exercise, regular habits, these are the preventives of consumption and a host of maladies that afflict the world. When the disease is upon the vitals, that is quite another matter, and here the effort must be to aid nature to recover herself. For this purpose, cod-liver oil is recommended in consumption, but there are limits beyond which the relative proportions of food cannot long be deviated from without bad results, and when a patient is having little else than cod oil poured down his throat he cannot long hold out. Fat must be taken with food, and plenty of it; and in this regard one preparation of cod-liver oil in the market is scientific, as it is incorporated with malt. We refer to Kepler's Solution, which is the pleasantest of fats, and about the most digestible of oils.

# The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

## HINTS ON THE PHYSICAL REARING OF INFANTS.

By Mrs. Henry King-Parks.

*Author of "In the Morning of Life: Being a Practical Guide to the Management of Children;" "Our Infants: How to Rear Them;" &c.*

FIRST PAPER.

That children go through a great deal of unnecessary suffering for want of judicious management in infancy is a fact patent to anyone whose observation is not blinded by prejudice; and still more startling and serious is the statement, based on the reports of the Registrar-General, that fully two-thirds of the whole death-rate is composed of children under three years of age. The importance, therefore, of the healthful rearing of infants cannot be over-estimated. In the hope that my own experience will prove serviceable to mothers, I shall give them my observations and ideas, as they occur to me, although brevity will perchance necessitate a lack of system in their arrangement.

Reflection will convince the reader that the constitution of a child is largely influenced by the health of its parents; and hence the propriety of a mother taking special care of her own health, both *before* and *after* the birth of her child. This duty is very frequently overlooked, although the strength and happiness of our offspring may be dependent on its observance. Delicate women rarely beget healthy infants; and if to the delicacy of mothers we add the irregular lives of fathers, we shall discover plain cause for believing that children are often hurt by the constitutions of their parents. If there be one social law more worthy of rigid enforcement than another, it is the prohibition of marriage by those who are tainted with any form of chronic disease. None of us wish to transmit gout, rheumatism, consumption, and scurvy to our children; yet, disease being hereditary, any one of these maladies may be the dreadful inheritance of our innocent offspring. But my chief purpose in adverting to this matter is to show that, be the mother either robust or sickly, she must not neglect to obey the laws of health during pregnancy and whilst suckling, by keeping the mind cheerful, eating plain, nutritious food, breathing pure air, and taking sufficient, but not excessive exercise in and out of doors. Indeed, apart from maternal solicitude for her child, the knowledge that she will be more or less an invalid for a few months, should induce an expectant mother to strengthen her system for the trying ordeal she will have to pass through. Indolence and stimulants are the two principal evils to be guarded against; conversely, activity and temperance will bring blessings in their train.

*Nursing.*—It should be the proud duty, as it is the happy privilege, of a woman to nurse her own child. Personally, I am astonished that any mother who professes love for her infant could be so hard-hearted as to run the risk of permanently undermining its constitution by depriving it of natural food; for, no matter how excellent the substitute may be, nature has ordained that the breast-milk of a healthy woman is the *only* true aliment for the fruit of her womb. There are cases, however, in which it would be unwise for a mother to suckle her child. Those who lead fashionable lives are usually deficient in a supply of milk—the just penalty of their imprudence. Again, intemperate living will so alter the character of breast-milk as to diminish its nourishing constituents. In both of these instances recourse must be had to art for the purpose of assisting nature; or the child must be placed under the care of a wet-nurse. But the hysterical, the consumptive, and all those who are constitutionally feeble, should not, as a rule, suckle the young.

Assuming that a mother is competent to fulfil the duties of that exalted station, she should, as I have remarked, cultivate a cheerful disposition, avoid excitement and annoyance, indulge in moderate exercise, and subsist upon a plain but nutritious dietary. The rearing of a little infant, indeed, is almost altogether a question of the mother's health; and such being the case, we see how culpable is the folly of neglecting its maintenance. Whilst some mothers forget that nature craves, at this critical period, aliment more substantial than the ordinary food, there are others who act on the opposite principle, and by dosing themselves with unaccustomed luxuries and stimulating drinks, sow the seeds of disease in their offspring. Rich will be the reward of her who observes a judicious medium between these two extremes.

Regularity in suckling, as in all matters relating to childhood, should be the rule. Once in every two hours will, in ordinary cases, be sufficient for the first month or so; after that the intervals may be *gradually* lengthened until the child be weaned.

*Wet-nursing.*—When either urgency or expediency demands the employment of a wet-nurse, the selection of a *moral*, healthy, clean, and good-tempered woman, or rearing by hand, is not merely desirable, but imperative. I have my own opinions about this class of servants, and the physical and moral evils involved in the practice of hiring them.

"With regard," writes Mrs. M. A. Baines, "to the want of maternal milk, it is lamentable to think that much of this fatality is induced by mothers refusing to perform an obvious duty to their children. An instance may happen here and there in which Nature has denied the mother the power to fulfil that duty; but in the majority of cases no such physical disability exists; and a mother who cannot, or will not, suckle her own offspring, has no

right to endanger the life of a child of another. Nevertheless, that is too often done: the infant of the wet-nurse is put aside to make room for an interloper; both children are robbed of their rightful inheritance, and *both* fall a sacrifice, in too many cases, to the prevailing fashion! Oh, that mothers could comprehend the endearing pleasures they miss, and the miseries they inflict upon their hapless little ones by thus ignorantly or wilfully neglecting to obey one of the first laws of their being! Would that some eloquent pen could impress these facts, some persuasive voice convince such mothers of their error—the wrong they are committing, not only to themselves and their offspring, but to the whole community—the possible good rejected—the positive evil pursued, nay, realized!"

To this truthful picture I need add nothing. Should the reader prefer the services of the wet-nurse to the more "troublesome" process of hand-feeding, I counsel her to personally investigate the character and antecedents of the person whom she engages. "The law of nature is, that the mother should nurse her own child, by which means the proper affectionate relation is maintained between them. A wet-nurse should only be employed in cases of urgent necessity; she should be healthy, near in age to the mother, nearly the same time confined, and of good habits and dispositions."

*Hand-feeding.*—I presuppose, then, that the mother is willing, *but unable*, to suckle her child; and that she has decided upon rearing it by hand. In that event, she should remember that the artificial food of the infant must bear a close resemblance to the natural aliment of which it is deprived. Cow's milk is the usual substitute; but as it is different both in composition and character to human milk, it requires the addition of lime-water (in the proportion of about three ounces to a pint), and a little sugar of milk, to make it digestible by infants under six months old. Dilution with plain water will not prevent the formation of curd. Ass's and goat's milk similarly treated are also valuable. It is very necessary that the milk be fresh and pure before dilution, and that the bottle containing it be placed in a vessel filled with hot water, so as to raise the temperature of the fluid to the warmth of breast-milk—on no account boil it. The feeding-bottle and the tube must be kept scrupulously clean. Milk is the natural food of young infants, and the only kind they can digest: no one, therefore, ought to try experiments with any other form of diet, unless it positively disagrees with the child, or the mother is otherwise advised by the medical attendant.

Another Success of Boköl.—We are pleased to announce that Boköl has obtained the highest award at the Railway Exhibition in Paris, in the shape of a Diploma of Honour, while the manufacturer was presented with a "Special" Gold Medal for the excellence of this nutritive malt beverage. Messrs. Davis, Bergendahl & Co., of Newcastle-on-Tyne, are the sole importers for the United Kingdom; the London wholesale agents being Messrs. Ingram & Royle, 52, Farringdon-street, E.C.; and the retail agents, Messrs. Leverett, Frye & Moss, 31, High-street, Islington, N.

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# Public Health

"Health is the first Wealth."—*Emerson.*

## THE ANALYSIS OF THE AIR.

The editor of the *Engineering and Mining Journal* thinks there are few, if any, branches of scientific inquiry that have done so much for the "greatest good of the greatest number" as those which have unfolded and developed the principles of hygiene and sanitation, and taught us that the preservation of good health and the prolongation of life both chiefly depend upon a supply of pure air and pure water. It has over and over again been proved that in such crowded cities as our own the most malignant forms of infection are chiefly propagated by spores or germs floating in the air, or carried into our drinking water by the infiltration of sewage matter: and although a great deal of attention has undoubtedly been devoted to the analysis of both these elements, there is still a great deal of room for the simplification of processes and the popularization of easy and reliable methods of investigation. Our first knowledge of the air and its composition was in a very large measure due to the labours of Dumas and Boussingault, but it has been greatly amplified of recent years, and we now know that the dust or minute particles of solid matter which are constantly suspended in space by the action of the currents contain various germs which disseminate disease, and an immense variety of minute seeds, which, when deposited in certain liquid or moist substances, immediately germinate and induce mould, mildew, and fermentation.

From the standpoint of hygiene it is extremely difficult to determine whether it is more desirable to have a thorough knowledge of the air we take into our lungs or of the water we drink, each being so important; and the only reason why the latter has hitherto received a greater share of attention is probably to be found in the fact that its analysis is much less tiresome, comparatively devoid of complications, and therefore more easily comprehensible to the ordinary mind than that of the former. The recently published and highly interesting results that have lately been obtained in England by a group of experimenters promise to create a revolution in this state of affairs by drawing more attention to air analysis, and it will be interesting to briefly glance at the newly-suggested method by which to arrive at an accurate determination of the various atmospheric constituents.

The test for carbonic acid consists in placing several two-gallon glass bottles side by side and filling them with air, withdrawn from different parts of the room by means of india-rubber tubing. Into each bottle is then poured a small quantity of weak baryta water, which, acting upon the carbonic acid, gives rise to a dense white precipitate of barium carbonate, easily separated by filtration, and weighed.

The germ test is made by means of a glass tube, some two feet long by three inches in diameter, lined inside with a coating of transparent gelatine. A certain quantity of air is made to pass through the tube, and the germs deposit themselves upon the gelatine, where they can live and multiply, and where they may be distinguished and identified under the microscope.

For the detection of organic matter, six large glass bottles are filled with distilled water, and are connected with each other by glass tubes. The air, made to pass through the whole series in a continuous stream by

means of an aspirator, communicates to the liquid all the organic impurities with which it was charged, and, without visibly affecting its colour, causes it to acquire a disagreeable smell. The *ensemble* of this simple process recommends and entitles it to the serious consideration of all those who are intrusted with the care of the public health, and we should be glad to see all public buildings and apartments in which large bodies of persons daily congregate for business or for pleasure provided with the necessary and inexpensive apparatus. It might be presided over by some intelligent person (not necessarily a scientist); its frequent use would insure the immediate detection of noxious elements, and we might thus constantly maintain or restore pure air by applying such preventive or remedial agents as are well known and always at hand.

## DEATH-RATE OF DIFFERENT CLASSES.

Whatever one may believe as to the truth of the declaration that all men are born free and equal, it must be admitted that they do not remain so. If any evidence of this were needed, it could easily be furnished on one point—viz., that the death-rates of different classes of men are not equal; that the chances of life, and the probable length of life, are very different in what are known as the upper, middle, and lower classes. For example, Dr. Farr's life-table of England, based on the data for the 17 years 1838-54, gave as the mean duration of life of males about 40 years. Mr. Humphrey's life-table, based on the records of the 5 years 1876-80, gave the mean duration of life of males as 41·9 years, showing marked improvement. Taking the healthiest districts in England, in which the mean annual death-rate did not exceed 17 per 1,000, Dr. Farr constructed a healthy district life-table from the records of 1849-53, which gave 48·6 years as the mean duration of life for males.

All the above life-tables include all classes of population. The life-tables of the English peerage show a mean duration of life of 52 years for males, and Mr. Ansell's table for the upper classes gives the mean duration of life as 53·1 years. These differences, as pointed out by Mr. Humphreys, are largely due to the low death-rate among children under five years of the peerage and upper classes, since the annual death-rate of children under 5 years of age ranges from 65·7 per 1,000 by the general table, 39·4 by the healthy district table, and 28·2 by the upper class table, to 20·7 by the peerage table. There are no life-tables for the working classes from which we can make corresponding comparisons. The best data that we have for this purpose are some of the English statistics with regard to mortality by occupations, and some statistics of class mortality published by Dr. Grimshaw, the Registrar-General of Ireland.

All of these are discussed in a carefully prepared paper by Mr. N. A. Humphreys, published in the journal of the Royal Statistical Society for June, 1887, under the title, "Class Mortality Statistics." By Dr. Grimshaw's figures the annual mortality among children under five years of age was, per 1,000, for the professional and independent class, 22; the middle class, 59; the artisan class, 71; and for the general class, 110. Mr. Humphreys remarks that this wholesale slaughter of the sickly children of the working classes does not increase the vitality of the survivors in the next age period (5-20 years), the death-rate of which is, per 1,000, for the professional and independent class, 3+, and for the three other classes, in the order above given, 8, 9, and 11, per 1,000.

Now, in view of these figures, and of many others of similar tendency which may be found in the papers above referred to, it is evident that one of the first things needed as a guide for intelligent effort to improve the condition of the working classes is definite and positive information with regard to their death-rates and the causes of death which chiefly affect them. In this country we have practically no data for class mortality statistics, and with our present machinery for collecting vital statistics, whether State or municipal, it is not possible to obtain such data as would be required to settle these important questions.

The trades unions and the Knights of Labour could do it if they began in the right way, by getting expert advice as to how to do it, and when it was done they would have some definite foundation for a statement of their case—something that would show where the shoe pinched. We commend this subject to the consideration of the managers of trades unions, and the promoters of reform in general; it would have more practical effect than all the denunciations that can be produced.—*Sanitary Engineer.*

Colour-blind Railway Officials in Germany.—An extensive investigation into the prevalence of colour-blindness amongst German railway officials has afforded some interesting results. The inquiry, which has lasted several years—the latest data having been obtained on July 1st, 1886—was extended to 79 railways. Of 104,743 persons tested from April 1st, 1882, to July 1st, 1886, 850, or 0·81 per cent., were found to be colour-blind. Of 239,726 persons tested up to July of last year, 1,934, or 0·81 per cent., were colour-blind, while in 145,456 officials and other servants employed on the seventy-nine railways on July 1st, 1886, 100 were entirely and 441 partially colour-blind, a percentage of 0·37. The methods of testing were chiefly the Stilling method (by means of colour-plates) and the Holmgren method (by means of coloured woollen threads); but the Cohn, Schmidt, and Rimpler methods were also adopted. In 16,201 cases the test was repeated, and 305 times only did the results differ from former results. The officials of German railways who are colour-blind have been given duties in the discharge of which their incapacity can have no ill results, so that their is no danger of their continued employment in dangerous posts.

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When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

——— —*Charles Mackay.*

## PAPERS ON ALCOHOL.

THIRD PAPER.

## SEDENTARY MEN AND STIMULANTS.

By Dr. W. S. Searle.

That those somewhat indefinite, numerous, and entirely abominable disorders termed dyspepsia and biliousness belong peculiarly to sedentary men is a quite noticeable fact. The writer's memory recalls very few instances where out-of-door, daily labourers have applied for the relief of sufferings of this class, and, when this has been the case, their maladies have always proved to be true organic diseases, and not mere disorders, while, among professional or business men, similar symptoms usually indicate the presence of disorder only.

It is unnecessary here to attempt to depict a life rendered burdensome and often intolerable by these maladies. But the utter misery of the poor, melancholy, irritable victim must be felt to be appreciated. His whole physical, mental, and moral nature is vitiated. He becomes a curse to himself and to all who come in contact with him. This is the more deplorable since such martyrs, for the most part, rank among the leaders of the world in thought and action, among the delicate, refined, and educated, the choice products of civilization. Language fails to describe the aggregate of woe daily endured by this large class of our fellows, and by those who are dependent upon them. It cannot be exaggerated, and is the more lamentable since it certainly can be avoided or palliated to a very large extent.

It has been well said that "half that passes in the world for talent is nothing but exuberant health." And it might truthfully be added that sound thought, true emotion, and clear discrimination must originate in healthful organisms. As well expect good music from an organ out of tune as right thoughts, virtuous emotions, and just judgments from a brain not backed and sustained by a stomach and liver that functionate normally.

It may be that much that is weird and mystic in poetry and art, in philosophy and religion, much which is eccentric in life, much even which has passed for genius among men, might never have dawned upon an entirely healthful race. But it may well be questioned whether mankind could not have advantageously dispensed with such vagaries. What has the world not suffered from cynical philosophers, morbid religionists, and fanatical reformers of every kind and degree, who, but for foul stomachs and congested livers, might have blessed it!

For these great organs stand at the very threshold of the body. Through both must pass, and undergo elaboration, all the food upon which life depends, and imperfect function here scatters havoc throughout the entire system.

It is assumed, then, that dyspepsia and biliousness are peculiarly and distinctively the maladies of sedentary men. Why is this the case? Is there a remedy? And, if not, how can these evils be reduced to a minimum?

To this result, doubtless, many causes contribute. *But the main and efficient cause lies in the destruction of the relations which should exist between food and the wants of the organism by the essential and unavoidable habits of sedentary life.*

To many, perhaps, this will appear an at least doubtful assertion. But, if it be not susceptible of exact proof, it can be shown that it is very possible—indeed, that it is a far more probable and sufficient theory than any heretofore propounded, while it surely is one which guides us to the most simple and effective means for the palliation of this melancholy state of things.

In the discussion of this subject, let us begin with distinct definitions and clear physiological principles.

Dyspepsia may be defined as indigestion, or digestion performed with pain or distress.

Biliousness includes a variety of symptoms, which are known to depend upon disordered function of the liver. It is unnecessary to repeat them here.

Turning now to physiology. It has been demonstrated that the phenomena of life are accompanied by, and, in some sort, are, dependent upon constant disintegration and waste, and equally constant renewal and repair of all the tissues.

It is also a law of the body that increased use of any tissue or organ involves an increase of waste and consequent necessity for additional or more active repair in that special part.

To a large extent this truth has been established by direct experiment. It is also confirmed by the failure of particular organs to perform their functions beyond a certain point. Especially marked is this in those whose action is under the control of the will and which can, therefore, be compelled to prolonged and excessive effort.

But repair must come from fresh material derived from properly digested and assimilated food.

Excessive muscular exertion, then, causes an overproduction of urea and other similar substances, and demands an excess of material suitable to muscular reconstruction.

So, also, excessive use of the brain involves excessive waste of the nervous tissues and a corresponding necessity.

But food is practically invariable in its constituents. Each mouthful contains a definite and fixed proportion of elements—so much for the skin, so much for the muscles, so much for the brain, &c.

Now, let it be granted that this is the proper proportion. That, under or without the direction of a higher power, the wit of man has enabled him to select suitable materials for food and properly prepare them for the stomach. But are there no conditions—no premises here? Surely. And these are, first, that the individual is physiologically perfect; and second, that he lives physiologically.

But where shall we find the normal man, and who lives or can live physiologically? We do not know a tithe of the laws of life, and violate those we do know constantly. Is it physiological to live in houses, to wear clothes? How much sleep is proper for each? Is it right to retire with the birds, or consistent to turn night into day? Is it even physiological to perform the labour compelled by the primal curse?

Our ignorance on these, and a multitude of other points, is very great. In short, to live in accord with the few of nature's laws which have been discovered is an utter impossibility. The demands of life will not admit of compliance with them, and the result is disorder, derangement, and disaster at every turn.

To take opposing classes as examples, let us consider the conditions of the labouring and sedentary man. The

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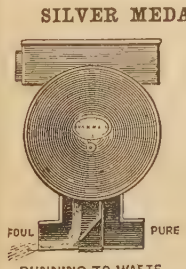


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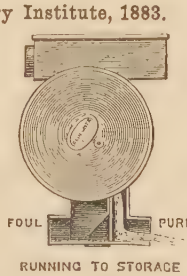


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HARROGATE.

*THE IMPERIAL HYDROPATHIC AND WINTER RESIDENCE.*

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ELECTRICITY IN DISEASE. HOW TO USE IT, AND WHAT IT WILL ACCOMPLISH. By J. R. TUNMER, Resident Medical Superintendent.

London: ALLEN, 5, Ave Maria-lane, E.C.; or of the Author, as above.

former wastes his muscles out of all proportion to his brain, while the latter does the exact reverse, and both thus destroy the relations which should exist between their food and necessary repair. Both must eat the same food, and each is compelled to swallow more than he needs for one portion of his body in order that he may obtain sufficient nourishment for another.

To the labourer, this condition of affairs is comparatively harmless, for two reasons. He cannot use his muscles without employing his brain to some extent, and an excess of material for so small a part of the body as the nervous system is easily disposed of by the various emunctories. But with the sedentary the difficulty is much greater, for use of the brain does not include nor necessitate muscular action, and forming, as do the muscles, the main bulk of the body, and the elements in the food adapted to their nutrition being far the most abundant, the disproportion is greater, and the injurious results more numerous and obvious. In order that his overtasked brain may obtain sufficient nutritive material, he must eat largely, and, of course, too abundantly for the unemployed portion of his body. And these are the inevitable and natural results, viz.: If his stomach is unable to accomplish the work put upon it, it complains *voila dyspepsia!* If it does digest it, his portal circulation is overloaded, the liver fails to complete its functions, and behold, biliousness!

It is certain that sedentary men (unless their appetites are restricted) are quite as heavy eaters as labourers, and rarely escape the disorders mentioned. The exceptions named comprise those who already suffer from these maladies, or who, by the habitual use of the so-called paratriptics, tea, coffee, tobacco, wine, &c., daily lessen the waste of the brain, and thus diminish the amount of necessary food. Setting these aside, every hospitable housekeeper knows, and exact experiment proves that sedentary men are quite as large consumers as an equal number of daily labourers. They must eat largely or fail to obtain sufficient brain supply from food which contains but a small proportion of it. Even then it is probable that the nervous tissues often suffer from starvation. Else why the frequent examples of collapse in this class of the community?

What can be done to modify this condition of affairs and to palliate its consequences?

No doubt a complete readjustment of the habits of sedentary men would do most toward eradicating these evils. A reduction of the hours of mental strain by one-half, and a devotion of the time thus exempt to suitable exercise and recreation would probably remove the whole difficulty. But such a revolution, unhappily, is Utopian, and therefore unworthy of consideration.

Much study and experiment has been bestowed upon modifications of diet to this end, and something has been accomplished. More perfect methods of preparing food have been adopted, and artificial aids to digestion have been introduced to assist the overtaxed stomach. But these only serve to shift the burden over upon the liver, which, having fewer sensitive nerves, has less voice with which to complain.

The only really effective and feasible means of palliation in this dilemma are to be found in the judicious employment of those substances which nature has placed in our hands, apparently for this very purpose, and which the blind instinct of man has already discovered and applied. I refer to the use of the so-called paratriptics—or preventers of waste in the body. Of these the most common and best known are wine, tea, coffee, and tobacco. Other substances, such as the South American coca, the betel nut, and all the narcotics exhibit similar powers.

No doubt all of these substances exert a more or less deleterious influence, especially when first used. But it is not a little curious that to the poisonous properties of most of them the system soon becomes unresponsive, while the paratriptic effect persists and daily continues to manifest itself. The novice in the use of tobacco is nauseated and often greatly prostrated by it. But, after a more or less protracted time, these unpleasant symptoms cease to appear, while the daily habit still limits the amount of food consumed. The same is true of arsenic and of some other poisons, while others still produce cumulative effects. Of these latter, digitalis is an example. The tolerance mentioned is, however, in some persons, established with difficulty, and with certain temperaments and individuals certain of the paratriptics persistently disagree. Intelligent and careful adaptation is necessary. One man cannot endure the effects of tea, while coffee agrees with him. To another coffee is injurious, while tobacco is grateful and beneficial.

Now, no physiological fact is better established than that all these substances, while they differ widely in some respects, possess in common the power, in some way not fully understood, of limiting disintegration and waste in the tissues. And not only so but they manifest this influence especially, and more decidedly, in those portions of the body which are most used. They act like oil on the joints of machinery, lubricating, preventing friction and wear. Testimony to these facts is abundant and convincing.

And still we find many who strenuously object to the use of these paratriptics, and consider them very harmful to mankind.

## SACCHARIN TABLOIDS.

### A New Medical Product from Coal Tar.

*The new substitute for sugars in diabetes—Possessing 300 times the sweetening power of cane sugar—Non-fermenting and a powerful antiseptic—positively harmless and quickly excreted by the kidneys unchanged—"The most remarkable of all the coal tar industries."* (Sir Henry Roscoe.)

Saccharin (benzoyl sulphonic imide) is a white amorphous powder. According to Prof. Stutzer its sweet taste may be perceived when one part of it by weight is dissolved in 70,000 parts by weight of distilled water. It belongs to the class of aromatic derivatives, and is in no sense a carbo-hydrate (or sugar), as is shown by its formula, viz.:—

$$C_6H_4 \begin{cases} CO \\ SO_2 \end{cases} NH.$$

As might be supposed, from its close chemical connection with the phenol compounds, it is highly antiseptic; indeed, it is said to be almost as much so as salicylic acid and thymol. It is rapidly absorbed, appearing in the urine 30 minutes after taking, without affecting its gravity or constituents. Even when 75 grains were given in a day, the whole was excreted *unchanged* within 24 hours. It is not a food, exerts no action on the digestive functions, and is not absorbed by milk. It is said to disguise the bitter taste of quinine and other drugs.

The following excerpt is a translation from the formal certificate of Prof. Dr. Leyden, Privy Counsellor Physician (Geh. Med. Rath) of the "I. Medicinischen Universitästklinik der Königl. Charité zu Berlin":—

"As the result of experiments, it is found that

saccharin agrees both with invalids and healthy individuals, that no anxiety as to its effect upon health need attend its use, and that saccharin may be consumed over long periods. Some of our patients have taken it regularly during five months without it exerting the slightest injurious action upon the human system. The use of saccharin allows of *a much needed enrichment of the diet of diabetic patients*, inasmuch as they may now enjoy a sweet flavouring in diabetic bread and cakes, food, tea, coffee, and other nutriment, without the introduction of carbo-hydrates (sugar) into the system. . . . . Half to one and a-half grains of saccharin, suitably embodied, will be found ample to sweeten a cup of tea or coffee."

Saccharin is slightly soluble in cold water, more so in warm water, and still more so in boiling water. It is quite soluble in alkaline media, and very soluble in alcohol and warm glycerine. It now presents no flavour of bitter almonds.

It has been prescribed in diabetes mellitus, glycosuria, hepatic and renal affections, genito-urinary troubles (cystitis, &c.), obesity, and in many wasting diseases of children.

Saccharin is supplied in Tabloids containing each one-half grain of the pure product, with sufficient soda to render it soluble.

One or two tiny Tabloids of saccharin added to a cup of tea, coffee, or cocoa, will impart to it a sweet and delicate flavour.

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A Russian physician states that he has succeeded in relieving toothache caused by caries of the teeth by making the patient rinse the mouth every half-hour with a dessert-spoonful of a twenty-per-cent. solution of permanganate of potash, taking care to hold the liquid in the mouth for some minutes.

Doors of Paper.—"Feel the weight of this door," said a New York builder to a reporter, who was looking at an unfinished apartment house up town. The reporter prepared to lift what seemed a polished mahogany door, but it proved too light for any wood. "It is made of paper," said the builder, "and, while it costs about the same as wood, is much better, because there is no shrinking, swelling, cracking, or warping. It is composed of two thick paper boards, stamped and moulded into panels and glued together with glue and potash, and then rolled through heavy rollers. It is first covered with a waterproof coating, then painted and varnished and hung in the ordinary way. Few persons can detect that they are not made of wood, particularly when used as sliding doors."

Cremation is the only practical method by which we can avoid the disgusting and dangerous products of putrefaction, and also destroy the living germs of contagious maladies. As sanitarians we must, from the sanitary point of view, advocate cremation as the preferable process of disposing of our dead. Burning of the dead is neither a new practice nor an unusual one in the history of humanity. It was a common practice in the earliest times, of which we have any authentic record, among many of the European and Asiatic races. It was practised in the British Isles in prehistoric times. Our antiquarians have discovered multitudes of urns, containing the cremated ashes of our Scandinavian and Anglo-Saxon fathers, in all parts of these islands. Numerous tumuli, containing urns full of burnt bones, have been unearthed in the vicinity of Glasgow and elsewhere in the West of Scotland.

# Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

**Sea-Bathing at Ebb-Tide.**—Bathing on an unfamiliar coast is, in any condition of the tide, a risky proceeding. The play of currents is so uncertain that the best swimmer even will be wise to fortify himself with the opinions of those acquainted with the shore and its phenomena before committing himself to the tidal wave. For non-swimmers the precaution is a matter of the most elementary prudence. It is often supposed that safety from all such perils may be assured by the simple expedient of bathing at low tide. Then it is argued, if any current should be set up, its flow will be towards the shore, so that to a bather in difficulties it will be a help rather than a source of danger. Often enough this expectation will be justified by the event, but this is by no means a matter of course. Attention has recently been publicly drawn to the obvious fact that the sea shore does not, as a rule, always slope with a continuous declivity out to sea. It often happens that at some point a gentle elevation or undulation of the surface of the ground will offer a shallow space surrounded on every side by deeper water, and cut off, it may be, by a belt of sea deeper by a foot or two than that in which an unwary bather may be taking his pleasure. In these circumstances an inflowing tide is a very serious matter, unless the bather can swim well enough to cross the deep water. For by its gradual rising the dip of the ground intervening between himself and *terra firma* may be submerged to beyond his depth long before the surging of the water about him warns him to seek the shallower parts. In such a case he will be fairly caught, and he is very fortunate if at the moment of his need he can summon efficient help. It is foolhardy for any person to bathe at sea beyond the visible reach of aid, but upon those who are inexperienced in distance swimming the necessity of taking every possible precaution cannot be too strongly or too constantly enforced.—*Lancet.*

**Fires in Theatres.** — Among the many suggestions which have been put forward since the fire at Exeter Theatre, special value attaches to one which has been made by Professor John Marshall, F.R.S., who has shown good reason for believing that to ensure a reasonable amount of security the fundamental structural arrangements of theatres must be altered. Most fires originate on the stage, where the most culpable carelessness appears to prevail. Madame Marie Roze-Mapleson, in a letter to the *Times*, says: "On the stage, gas jets are found in every direction, in the closest proximity to the scenery and other inflammable material, and gas battens, entirely unprotected, are frequently used when scenes have to be set in a hurry. In fact, gas is found everywhere on and about the stage, and is often laid on for temporary use by means of rubber tubing. If such a state of things existed in our private dwelling houses, we should be afraid to sleep in them. Yet, on the stage of a theatre, one's olfactory nerves are invariably poisoned with the escape of gas, to which no one appears to pay the slightest attention, as it is supposed to be a necessary evil." In France, persons employed in a theatre, if convicted of imprudence, carelessness, or neglect of the regulations, leading to fatal consequences, are liable to be imprisoned for a period not exceeding two years, and

to a heavy fine; under this law not only the firemen and workmen engaged in the Opéra-Comique, but also the director of that ill-fated theatre, will be put on their trial at the next Paris Assizes. Professor Marshall points out that when the curtain is raised there is always a draught of air from the stage into the body of the theatre; the gallery is always the highest point of the auditorium, and usually the ceiling slopes up from the proscenium above the gallery. This arrangement favours the ascent of the heated air to the gallery, and if a fire break out on the stage, the heated air, smoke, and poisonous gases sweep into the house and upwards into the gallery, the occupants of which are probably suffocated either before they leave the gallery or in the passages. Mr. Marshall suggests that the shell of a theatre should be constructed after the model of a malt kiln or a hop kiln, through either of which the currents of heated air and vapour are constantly determined in a given direction by the mere shape of the building. The stage might be surmounted at its highest point by cone-shaped, hooded, ventilating shafts; the ceiling of the auditorium slightly curved or plane, could be slanted upward from above the gallery towards the proscenium, which should be pierced close beneath the ceiling by properly constructed tubular conduits, with valved apertures, directed towards the upcast ventilating shafts. Such an alteration would, of course, entail the provision of ample exits from the stage for the use of the persons employed there.—*British Medical Journal.*

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**Plumbing Leakages**—Mr. Wm. P. Gebhard, an excellent authority on the subject of testing leakages in pipes, while preferring the water test for new buildings, considers the peppermint the best suited for old buildings. It is an extremely pungent essence, and being readily introduced into the pipes in a house, even by those who are neither plumbers nor sanitary inspectors, the slightest leak will be readily detected. It is well, however, that the party about to use it should, if not a plumber, know how it should be applied. The best place to do this is outside on the top of the roof, because if the odour should be released in a room or around a fixture, even for an instant, it would be impossible to detect a leak afterward. Whoever applies the peppermint should remain on the roof until the experiment is made, as he would otherwise carry the odour on his clothes into the house, and thus defeat the object of the test. Now as to the best means for using the peppermint. Some pour an ounce or two of pure peppermint oil into a pail of very hot water, and pour it into the soil pipe, while others pour in the oil and follow it with hot water, taking care while the search is conducted below to cover the top of the soil pipe above the roof. There is thus no chance of escape, unless through leaks in the pipe, and a careful examination of every line of pipe, and around each fixture, will readily enable the investigator to determine where, if any, there is a leak. Care should also be taken that while the examination is being made none of the fixtures shall be discharged, as otherwise the air in the pipes laden with the peppermint odour might find its way into the rooms.

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The green diarrhœa of infants is, according to Dr. Hayem, caused by a microbe which secretes the colouring matter characteristic of the complaint. The disease is epidemic and contagious. The best treatment, he said in his communication to the Academy of Medicine, is to give the child after each feeding a teaspoonful of two per cent. lactic acid.


## MYSTERIOUS.

The Alarming Nature of Unseen Dangers Accounted For.

"I fear no evil that I can see," exclaimed Napoleon, and his acts proved the truth of his philosophy. He could face danger in every form; but the sunken road of Waterloo was an *unseen* foe greater than the armies around him. This same principle seems true with most people. We fear the unseen; we dread the unknown; we shrink from that which possesses the power to harm.

In the midst of so much mystery and so many unseen dangers we naturally feel a sense of awe. We wonder if some small portion of the human machinery should get out of order what the result would be; and we fear disaster from powers we cannot comprehend. It is natural we should do so! It is reasonable we should ask what the result would be if the million tissues of the lungs, liver, or kidneys should become disordered. A slight excess, a careless attention to the details of health, apparently does no harm; but it none the less undermines the life. It is a draft upon vitality which must be honoured in the future.

But our own neglect is by no means all the unseen injuries that come to the human system. There are a thousand evil influences all around us at war with our lives. They are inhaled into the lungs, and poison the blood; they are absorbed through the skin, and foster disease; they are devoured with the food, and corrode the most important organs of the body. The man or woman who possesses the power to counteract all these evil influences has obtained a secret of untold value. The lungs, heart, liver, and kidneys can very easily become weakened; and how? By these very abuses and strains that are constantly brought to bear upon them. It is necessary to guard these organs, and preserve their proper tone at all times.

A friend of mine, a prominent gentleman, residing in the West End, felt unusually tired one day, but supposing it to be caused by over-exertion, he gave it little attention. The next day he was not so languid, but his head pained him. This he attributed to indigestion, and took no further notice of it. Matters went along in this way for several weeks, the headaches and langour increasing, accompanied by certain dull pains in various parts of his body. He was not wholly insensible to these troubles, but being closely occupied, he heedlessly overlooked them. There finally came an intense pain in the small of the back; his ankles became swollen to twice their natural size, and life seemed one intense pain. A physician was called, who pronounced it Bright's disease of the kidneys.

Now, had anyone warned my friend that the symptoms that had troubled him so long arose from the kidneys, he would have attended to them at once, but *he did not know it.* Many men and women to-day, in every part of England, are suffering, substantially, as did my friend, and from the same cause, and they should know what it means. It means present discomfort, future unhappiness, and premature death, unless attended to promptly and treated rightly. The only discovery which has ever been made in the scientific or medical worlds that is a certain remedy for all such troubles is "Warner's Safe Cure." Made from a tropical leaf, whose properties, like Peruvian bark, are known and invaluable, it acts at once and naturally upon the organs which produce these distressing troubles, carrying health to the entire system.

While the most serious evils which afflict man and womankind are those which arise from disordered kidneys, they are diseases which can be controlled if taken in time. The truth is that they are "unseen evils," and the primary danger arises from the fact that the symptoms they manifest are not recognized, but are attributable to some minor disorder, which, by being considered slight, is permitted to fasten itself upon the system. That more than one-half of physical disorders arise from impaired kidneys is a settled fact, and that their disorders can be prevented by using "Warner's Safe Cure" is equally true. Thousands of people, including prominent physicians, scientists, and divines, who have known of its wonderful powers, indorse and recommend it. Chemists throughout the world sell it; and the opportunity for thus obtaining its benefits are brought near to every one. It will solve the mystery of good health, and keep back the day on which comes "the great mystery."

The latest experiments on the speed of the electric current prove that, if a proper conductor could be wound round the globe, a signal parting from any point of it would return to the starting-point in one-half of a second.

# Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

### *NOTICES TO CORRESPONDENTS.*

*All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to* "The Editor of Health," 2, Paternoster-square, London, E.C. *Those intended for the Publishing Office to be sent to* Mr. A. P. Watt, The Publisher, *at the same address.*

### RULES FOR CORRESPONDENTS.

Owing to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the Letter-Box Department of Health, to the following rules:—

1. All questions are answered free of charge in the columns of Health.
2. All letters must be legibly addressed to "The Editor of Health, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of Health. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded free to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending Health to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

## LETTERS TO THE EDITOR.

### PAIN OF BURNS AND SCALDS.

Sir,—I will not question Dr. Du Bois' theory (see Health, No. 235, page 1) as to the value of the carbonic acid in arresting the pain of a burn or scald, having no chemical or medical knowledge to justify my doing so. But, for the relief of any fellow sufferers, I can speak from practical experience of the relief to be gained without its aid by the use of nothing more than a poultice made of common whitening and cold water, put on with a bit of oil-skin or macintosh, or even rag. It may be kept wet by pouring on, or into it, a little fresh water, and I can promise positively that the sufferer will on no account allow it to be removed for a moment, or to get dry, so long as the pain lasts.

Many years ago there was an amusing letter in the *Times*, giving a detailed account of a man who, during a voyage to the Cape, purposely burnt the four fingers of his left hand, and cured by this process the two which were burnt the worst a week or ten days more quickly than the ship's surgeon could cure the other two with oil and cotton wool, &c. Yours, &c.,

William White, F.S.A.

*Wimpole Street.*

P.S.—Is the whitening chemically passive, or does it contain carbonic acid, or what?

[All such applications merely act by excluding air from the injured surface.—Ed. H.]

## QUERIES AND ANSWERS.

### REPLIES: GENERAL, SANITARY, AND MEDICAL.

Squirm.—1. Keep the nails short for a time. 2. Use Dr. Pierre's Tooth Powder and Eau Dentifrice as a mouth wash. 3. See Health, No. 193 (page 193) for a simple treatment of ingrowing toe-nail. 4. If smells exist, the condition of the trap is defective. See to the trap at once. Flush the drains thoroughly with water, and use "Sanitas" as a disinfectant.

Cordial.—The sample you send appears to be perfectly correct. Try the Elixir of Cascara, made by Squire, of 413, Oxford-street, London, W., as a reliable preparation.

Cornelius.—Address your inquiry direct to Messrs. Burroughs, Wellcome & Co., Snow-hill Buildings, London, E.C. The dose will depend on the amount of the drug contained in each lozenge.

A. T. Maurice.—For growth of the moustache or hair, you will find the following useful:—Liquor ammonia (strong); chloroform and oil of jasmine, of each, half an ounce; castor oil, half a drachm; spirits of rosemary, to make up four ounces. To be kept in a stoppered bottle and labelled, "A little to be rubbed into the hair in the morning." Use, also, a little of an ointment composed of lanolin, two drachms; and oil of jasmine, half a drachm. Rub this into the parts at nights, so as to prepare them for the lotion in the morning.

John Hammerton.—1. Try Pulvermacher's Belt. It is an excellent and genuine appliance. 2. Warner's Cure may be safely tried.

Canary.—We will inquire, and give you a reply in these columns next week.

M. L.—Strengthen your system first of all, and use the means indicated in reply to "Alphonso" in last week's Health. The Cod Oil Emulsion (Scott's) will brace up your system. At bedtime, try inhaling the vapour of a pint of hot water, to which a teaspoonful of Friar's Balsam has been added.

S. McGregor.—You are in error, and are only exaggerating what is at most a consequence of ordinary robust health. What you complain of is not dangerous, and only quacks say so. You would injure yourself by taking the drug you name nightly. There could be no harm in trying a twenty-grain dose in water occasionally at bedtime; but your best remedies are plenty of fresh air and exercise, and avoidance of constipation.

O. P. B.—Certainly; cold will produce all the symptoms you name. See advice given to "M. L." in the present number. Why not wear a woollen night-dress? Apply to Messrs. Ward, of Bradford, for their list of such pure wool garments.

W. Williams.—Collis Browne's Chlorodyne is one of the most valuable of family medicines. It acts as a sedative and anodyne, and relieves pain and checks discharges from the mucous membrane as in severe cold, &c. You may safely take fifteen to twenty drops in water for a dose. Full directions accompany each bottle. For diarrhœa, cholera, &c., Collis Browne's Chlorodyne is invaluable, and as a medicine for travellers, its virtues and handiness are unequalled.

Ben Trovato.—1. The specks are due to liver-disturbance. Follow out the diet-hints given to "Fortuna Favet" in last week's number. 2. Apply a little pure Lanolin (Burroughs, Wellcome & Co.'s) to the part. 3. Read the admirable article on "Blackheads" in Health No. 199.

Solomon.—1. See advice given to "T. Baxter" in Health No. 235. Any druggist will compound the recipe for you. 2. Brace up your system during the cold weather by taking Scott's Pure Cod Oil Emulsion after your meals, and clothe warmly in the pure woollen underclothing made by Messrs. Ward & Co., Bradford.

C. B.—Howie's Filter (Hurlford, Kilmarnock, N.B.), advertised in our pages, is that we recommend you to buy. It is simple, filters the water doubly, is not liable to get out of order, and is easily cleansed.

S. Brooks.—We appreciate your kindly interest and advice, but we hardly agree with your strictures on the matter. The point you discuss is receiving our attention.

D. R. J.—We do not think your symptoms should cause you any uneasiness of mind, for the present at least. Try what drinking Vichy Water twice or thrice daily will do for you; giving up all alcohol. Take the Vichy Water in the morning and at night. After your meals try fifteen drops Fer Bravais in water, thrice daily. A warm bath at bedtime occasionally will also do you good. If these measures fail write again.

C. F. J.—The effects you name need not trouble you at all. Avoid all stimulants, and let your food be very simple. Take a dose of Lamplough's Pyretic Saline in the morning, and a warm bath at night when the symptoms trouble you.

W. Brown.—Your safest plan is, first of all, to clothe yourself thoroughly for the winter in the Sanitary Wool Clothing of Messrs. E. Ward & Co., of Bradford. This is found to be an excellent preventive of all rheumatic symptoms. For the rest try the effect of playing on your ankles alternate cold and hot water douches night and morning; and take internally, twenty grains bromide of potash in a wineglass of water at bedtime, on alternate nights, for a few days.

Woodbank.—Let the patient read the pamphlet recommended to "A. Orr" in the present number, and follow out the instructions regarding diet, tonics, &c., it contains.

Nil Desperandum.—1. The condition of the eyes only reflects the general habit of body. You need to give the eyes rest (especially at night) and take a tonic. Try the "Kaskine" tonic, to be obtained from any druggist. 2. Certainly. 3. Depends on the state of your general health. See to the latter point, and you will soon recover completely.

J. Sullivan.—Simplify your diet to begin with. Adopt the diet rules laid down for "Fortuna Favet" in Health of last week, and report result to us after a fair trial of the advice. See that you rest after your meals. This is an absolutely necessary condition for health.

A. Badland.—The playing of all wind-instruments induces a certain amount of strain on the lungs; but assuming your chest is sound, and that you do not play to excess, there is no reason why you should not learn the oboe. The cornet is an instrument involving much greater strain on the chest.

Cercorax.—Try the Kaskine tonic. It should suit your case. 2. Howie's Filter (see advertisment in our pages) is that we warmly recommend as simple and perfect.

Bell M.—We advise you to use the Geddes' Hemlock Extract as a local application. Read the notice of this valuable remedy in Health, No. 230, and apply it as directed on the bottle.

Fred Locke.—1. Only the effects of the bruise. Rub the parts with St. Jacob's Oil as a suitable application. 2. The quantities you name are correct.

Surrey East.—Your ailment is only a symptom of a general and constitutional weakness. During winter, take a dessert-spoonful of Scott's Pure Cod Oil Emulsion after your meals, thrice daily; ten drops Fer Bravais may be added to the oil. As an inhalation, try, at night, inhaling the steam from a pint of very hot water to which a teaspoonful of Friar's Balsam has been added.

F. B.—If water be used at all in the way described, we should recommend tepid water. Cold water will induce inflammation.

A. Orr.—Read the pamphlet, "A Lecture to Young Men" (published by Mr. Renshaw, 356, Strand, post free 1s. 1d.), and attend to the full directions therein given regarding your health. What you name is probably not in the least unnatural, unless arising from taking late suppers.

Madeline.—You could not possibly remove hairs yourself by electricity. It is an operation requiring great dexterity and skill—although quite painless. If you wish address of specialist, send stamped addressed envelope.

Maud.—Make a radical change in your diet-habits, and follow out the diet remedies and hints given to "Fortuna Favet" in last week's number. The Cascara Cordial or Elixir of Cascara (Squire, 413, Oxford-street, London, W.) will begin the digestive cure, which care and diet will render permanent. Try also a tepid sponge bath each morning, with massage to the abdomen thereafter. Let us hear from you again if you are not cured.

Aufrage.—Wash the affected parts with Iodoform Soap and tepid water night and morning, and thereafter rub in at night a little blue or mercurial ointment. You must have been infected from some source or another. A Turkish bath occasionally may do you good.

Hillsman.—Allow one of Burroughs, Wellcome & Co.'s Chlorate of Potash Tablets to dissolve in your mouth occasionally. These may be had of your druggist. Wash out the mouth after food with Dr. Pierre's Eau Dentifrice, and look to the condition of your teeth.

Coach Horn.—1. Consult an ear-surgeon. Send stamped addressed envelope for address of such. 2. The hair preparation recommended to "Richard Strong" in the present number may be tried. 3. Of course, the continual use of such lotions is an expense; but then all ailments mean expenditure of money, illustrating the sanitary contention that "health is wealth." If we can be of further service, let us know.

J. Campbell.—If you have read the pamphlet, follow out its instructions as to diet, &c. Avoid suppers and fluids late at night, and sleep on a hard mattress. It is probable that with care in diet, &c., you will need no drugs at all. If you purchase a belt, buy Pulvermacher's by all means.

Alexander Ross.—Read the pamphlet recommended to "A. Orr" in the present number, and you will find full advice therein. You have been dealing with quacks. Be wise in future, and save your money—and health. You need no drugs. Follow out advice regarding diet, exercise, cold sponging, &c., given in the pamphlet.

G. H. S.—The open coal fire by all means, with plenty of fresh air through open windows and doors on dry days. Gas is ineffective and expensive.

T. Hill.—The method you describe in your letter is quite a common one. It has no novelty, and we are therefore sorry we cannot find space for your letter.

A Young Wife.—Fennel seed is used to flavour bitters and to correct the action of purgatives, such as senna, rhubarb, &c. The fruit has medicinal virtues (sweet fennel fruit), depending on a volatile oil it contains. Fennel water is used for gripes in children, but Woodward's Gripe Water is both safe and pleasant. The former is rarely used, however, by physicians. Fennel certainly has no power of reducing flesh. Thanks for good wishes.

A. P.—1. Not dangerous, if properly trapped; but vastly inferior to such an admirable type of closet as Twyford's


# Nervous Exhaustion.

PULVERMACHER'S World-Famed GALVANIC BELTS for the Cure of Nervous Exhaustion and Debility, have received testimonials from three Physicians to Her Majesty the Queen, and over Forty Members of the Royal College of Physicians of London.

The distressing symptoms of NERVOUS EXHAUSTION and DEBILITY are speedily removed by means of **PULVERMACHER'S world-famed Galvanic Belts,** which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

Dr. Vines, Fellow of the Royal College of Physicians, writes 19th September, 1885: "Having used MR. PULVERMACHER'S BELTS for many years, in the course of medical practice, I am in a position to speak of their great value as a curative agent in cases of nervous disease or functional malady where Electricity is likely to be serviceable. I am entirely convinced of their efficacy."

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GALVANIC ESTABLISHMENT,
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"Unitas"—see advertisement and illustration in our columns. 2. Certainly, if any house is newly built there is danger to health from the dampness. Have plenty of free ventilation by doors and windows on dry days, and fires in each room.

NINUS.—Smoke Cubeb Cigarettes, or try the Maori Cigarettes made by Dr. Douglas, of Perth. Inhale the smoke and bring it down the nostrils. Brace up your system by taking Thomson's Cod Liver Oil Cream after your meals, thrice daily. Clothe warmly all winter in the Sanitary Wool Clothing of Messrs. Ward, of Bradford.

LATE TOOTH.—It is quite a common occurrence to have a tooth extracted to make room for a last molar, or wisdom-tooth. In your case, why not consult a good dentist, and be advised by him?

S. P. Q. R.—Read the pamphlet recommended to "A. Orr" in the present number, and follow out the directions it contains. Addresses of medical men are only sent on receipt of a stamped, addressed envelope.

MARIUS.—Electricity is the only sure means of removing superfluous hairs. We can send you address of an Edinburgh specialist, if desired, on receipt of stamped, addressed envelope; but in your case, we should strongly advise you to "let well alone."

RICHARD STRONG.—Keep the hair very short for a time; wash the head once weekly with Iodoform Soap and tepid water, and use the following lotion:—Bay rum and glycerine, of each two drachms; tincture of cantharides and tincture of capsicum, of each one drachm; sulphate of quinine, ten grains; and water, four ounces. Mix. A little of this lotion to be rubbed well into the roots of the hair each morning.

FANNY TAYLOR.—We repeat that superfluous hairs can be satisfactorily removed only by electrical means. Read the article on this subject in HEALTH, No. 149. We can send, if desired, on receipt of stamped addressed envelope, address of a London specialist who removes hairs in this way.

C. WILLIAMS.—Have the leg bandaged with one of Martin's Pure Rubber Bandages (Krohne & Sesemann), and sit and sleep with the feet elevated slightly. Avoid constipation above all things, and try the Cascara Cordial and diet-hints recommended to "Fortuna Favet" in last week's number.

FAIRWEATHER.—Do not take coffee after your dinner, as it disturbs digestion. Rest after your food regularly; and if troubled with flatulence, take five drops of Pure Terebene (Burroughs, Wellcome & Co.'s) after your meals on a piece of sugar.

HOAXED.—The firm is a quack one. No respectable medical men ever issue circulars in the streets. Be warned in time.

M.P.—A remedy for corns may be tried as follows:—Extract of Indian hemp, fifteen grains; salicylic acid, thirty grains; collodion, one ounce. Mix. To be labelled, "For outward use only," and to be applied to the corns with a brush.

E. BEERE.—A simple dusting powder, adapted to give relief when applied to chafed parts, is composed of oxide of zinc, one part, powdered starch, two parts.

T. S.—1. A gargle for relaxed throat is made by adding to two and a half drachms of alum, an ounce of honey, and a pint of rose water. About a tablespoonful should be taken into the mouth at once, and repeated four times on each occasion; the gargle to be so used thrice daily. 2. Give Grant's Oat Flour a fair trial, night and morning, as a substitute for tea and coffee.

M. M. N.—You will find full directions regarding the care of your health in the pamphlet, "A Lecture to Young Men," post free for 1s. 1d. from Mr. Renshaw, 356, Strand, London, W.C. By following out the directions therein given, you will get quite well. Steer clear of quacks, who flourish on cases like yours.

EGERIA.—You mean the Krankenheil Soaps, to be had of Mr. C. Höfler, Bilston, Staffordshire. Give them a fair trial, washing frequently with them, and internally take a teaspoonful of Syrup of the Hypophosphites, twice daily in a wineglass of water after your meals.

OATLANDS.—1. Mellin's Food certainly. Scott's Midlothian Oat Flour as a substitute for tea and coffee. 2. Bathe the parts with Tidman's Sea Salt (dissolved in hot water) night and morning.

G. Y.—The operation is a simple one, but one which requires to be undertaken by an experienced surgeon. We can send you, if desired (on receipt of stamped addressed envelope), a note of introduction to a London surgeon, who will advise you further in the matter.

PATRICK DUN.—We do not approve of wire brushes for the hair. You should use a soft brush only.

TEACHER.—Excessive perspiration of the hands is usually associated with a want of tone in the system generally. We advise you to use Iodoform Soap and tepid water for the hands, and internally to take the Kaskine Tonic. Glad to advise again if necessary.

IRRITANS.—Try the application of a lotion consisting of bicarbonate of soda, one drachm; glycerine, an ounce and a-half. Apply this at night to the affected parts. Try the effects of a purely vegetarian dietary for a time.

A. LEE.—The Milk Cure consists in the administration of pure milk as the sole article of food and drink. It has been used in Bright's disease, diabetes, gout, obesity, and other disorders. You should not attempt any such cure without consulting a physician.

P. G.—Apply a little Lanolin (Burroughs, Wellcome & Co.'s) to the skin, morning and night, as a preventive of excoriation.

ALTER EGO.—For skin irritation, use the following lotion to be applied to the parts: Powdered calamine, two drachms; powdered oxide of zinc, one drachm; glycerine, one drachm; camphor water to make up six ounces. Mix. Rest after your meals, and let your food be very light, eat little butcher meat, and give a vegetable dietary a trial.

RAILWAY CLERK.—Use Dr. Pierre's Eau Dentifrice; it is one of the best mouth washes made, and if used along with Pierre's Tooth Paste will keep the mouth and teeth in a healthy state. Use a soft tooth-brush only.

ALBERT R.—We should say that in your case the use of bromide of potash would be beneficial, but you will never be well so long as you take the stimulants you describe in your letter.

F. MATHER.—Phrenology is an extinct science, if, indeed, it ever ranked as a science at all. If we knew nothing regarding the functions of the brain from the information supplied by experiment, anatomy and disease, we might believe in phrenology, but no one who has mastered even the rudiments of physiology of the brain can for a moment admit that the inferences of phrenology even approach the truth. Read Dr. Wilson's volume, "Studies in Life and Sense."

X. P.—Give the Geddes' Extract a trial. Read the directions regarding this valuable remedy in HEALTH No. 230, and note the directions there given in reference to its use for the cure of piles.


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Prevents Decay. Saves Extraction. Sleepless Nights Prevented. Neuralgic Head-aches and all Nerve Pains removed by Bunter's Nervine.
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It is almost as palatable as milk.

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*Vide* "HEALTH," *April 8th*, 1887.

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